

ADULT SPORTS/LEISURE

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 10-11 a.m., Sept. 30-Dec. 9

Location: Friendship Center, Room 115

Fee: \$74R/\$80NR/\$60M (#11917)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 7:30-8:30 p.m., Sept. 30-Dec. 9

Location: Friendship Center, Room 109

Fee: \$74R/\$80NR/\$60M (#11918)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#11924)



Always winners at our fun socials. See page 16 for schedule of events. Don't miss out on the fun!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Sun., 1-2 p.m., Aug. 15-Sept. 12 (#11577)

Sat., 9:30-10:30 a.m., Oct. 2-23 (#11578)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Advanced Beginner:

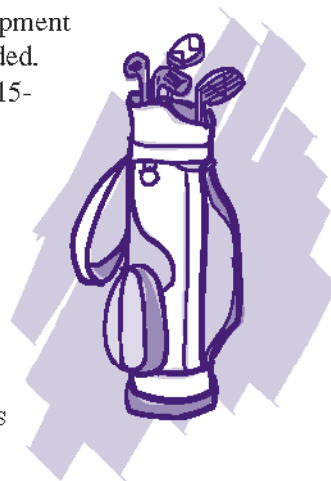
Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Sun., 2-3 p.m., Aug. 8-29 (#11573)

Sat., 10:30-11:30 a.m., Sept. 11-Oct. 2 (#11574)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR



Personal Wellness Coach Training w/Kim

Have you met with our Coach and established goals? Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. Kim will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per 1/2 hour)

Positive Discipline Introduction

Come see what positive discipline parenting tools can do for you.

Dates: Tuesday, September 14, 6-7 p.m.

Location: Friendship Center, Room 106

Fee: Free to public! Must pre-register. (#12013)

Misbehavior Detectives

A Positive Discipline Experiential Workshop: classes for parents who want to learn non-punitive, respectful methods and get to the root of their child's misbehavior, regarding children of all ages — even teens. Teaching based on the book *Positive Discipline*.

Dates: Tuesday, October 5 & 12, 6-8 p.m.

Location: Friendship Center, Conference Room

Fee: \$15R/\$18NR/\$12M (#12026)

ADULT SPORTS/LEISURE (CONT.)

Hapkido w/Master Fox (Ages 16+) (6 classes)

Self-defense, breakaway escape techniques, submission and joint lock techniques.

Dates: Thurs., 7:30-8:30 p.m., Sept. 30-Nov. 4

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$40NR (#12000)



Adult Tennis w/CPTS (4 classes)

Beginner: For those who never played before. Basic stroke development and game readiness.

Dates: Mon., 6-7:15 p.m., Sept. 13-Oct. 4 (#11351)

Intermediate: For those who want to raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 7:15-8:30 p.m., Sept. 13-Oct. 4 (#11357)

Location: Brightbill Park

Fee: \$45R/\$48NR

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Sept. 29-Dec. 1 (#11907)

-OR- Sat., 10-11:30 a.m., Oct. 2-Dec. 4 (#11905)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to members!

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#11962)

R.A.D. w/K. Shaw (8 classes)

Join us in an interactive and educational basic self-defense course for women that will reduce your risks of becoming a victim of violent crimes on the street, in your home or in your vehicle.

Dates: Thurs., 5:30-6:30 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Room 109

Fee: \$44R/\$47NR/\$35M (#12092)



Sugar Blues: Conquering Your Sweet Cravings w/L.McNair Health Coach

Are you constantly craving sweets and don't know why? Learn how it impacts your life.

Date: Wednesday, November 24, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public-must pre-register! (#12094)



Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 6-7 a.m., Sept. 28-Nov. 30 (#11901)

Thurs., 7-9 p.m., Sept. 30-Dec. 9 (#1899)

-OR- Sat., 8:30-10 a.m., Oct. 2-Dec. 4 (#11900)

Location: Friendship Center, Gym #2/#3

Fee: \$60R/\$65NR/Free to Members!



"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$84R/\$89NR/\$70M (#11911)

Fibromyalgia w/Dr. Homza (Ages 18+)

Different types, common causes and proper management of this chronic problem.

Date: Thursday, September 23, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#11996)

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: TBA

Location: Friendship Center

Fee: TBA (#11910)

Build Better Health: Eat Whole Foods . . . Boost Energy . . . Feel Great w/L.McNair Health Coach

Foundation for a healthy lifestyle.™ Turn your life around by eating well and understanding food. Learn how to incorporate whole foods, super foods and organic foods into your diet. Free samples.

Date: Thursday, November 4, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public-must pre-register! (#12079)



YOU'RE INVITED: PICKLE BALL DEMONSTRATION:

Monday, Sept. 13 and Tuesday, Sept. 14, 10-11 a.m.

ADULT SPORTS/LEISURE (CONT.) SPECIAL NEEDS

Mental Health Education Workshops w/Frederick Henry, MSW



Presented by Upward Bound Psychiatry and Psychotherapy Services, Inc. Interactive classes to teach you to identify and manage behaviors for instructional modification at home or classroom. Ideal for teachers/parents/adults with related symptoms.

Session I: Attention Deficit Hyperactivity Disorder
Tuesday, September 21, 6:30-7:30 p.m. (#12082)

Session II: Understanding Depression:
Tuesday, September 28, 6:30-7:30 p.m. (#12083)

Session III: Understanding Anxiety Disorder: RELAX!
Tuesday, October 5, 6:30-7:30 p.m. (#12084)

Session IV: Overcoming Holiday Stress
Tuesday, October 12, 6:30-7:30 p.m. (#12085)

Location: Friendship Center, Conf. Room

Fee: \$15R/\$18NR/\$12M

PERSONAL TRAINING



**BENTZ, DAVE, KAREN,
LORI, & URSULA**
CERTIFIED FITNESS
PROFESSIONALS
FOR PERSONAL TRAINING.

FEE:

\$42 Member/\$47 Non-Member (per hour)
\$29 Member/\$34 Non-Member (per 1/2 hour)

**New Buddy Training System
(2 people w/trainer)**

FEE:

\$32 per Member/\$37 per Non-Member (per hour)
\$23 per Member/\$28 per Non-Member (per 1/2 hour)

**New "6 pack" training card
(purchase 6 at one time)**

FEE:

\$174 Member/\$204 Non-member (per 1/2 hour)
\$252 Member/\$282 Non-member (per hour)

Call 657-5635 for more information.

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to offer therapeutic recreation programs for children and adults with disabilities.



To participate in Easter Seals program an additional \$20 one-time annual registration fee must be sent to:

EASTER SEALS CENTRAL PA

Attn: Therapeutic Recreation Department
2201 S. Queen Street, York, PA 17402

For additional information, please go to
www.eastersealscentralpa.org
or contact Matt Ernst at 591-7027.

"Splash It Up" (All Ages) (6 classes)

Designed for the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn safety, swimming skills, physical fitness social interaction skills.

Dates: Thurs., 6-6:30 p.m., Sept. 9-Oct. 14 (#11938)

Thurs., 6:30-7 p.m., Sept. 9-Oct. 14 (#11939)

Thurs., 7-7:30 p.m., Sept. 9-Oct. 14 (#11940)

Thurs., 6-6:30 p.m., Nov. 4-Dec. 16 (#11941)

Thurs., 6:30-7 p.m., Nov. 4-Dec. 16 (#11942)

Thurs., 7-7:30 p.m., Nov. 4-Dec. 16 (#11943)

Location: Friendship Center, Leisure Pool

Fee: \$85 per person

Happy Healthy Hours

**Join us throughout the month for
special events!**

Meet the staff, make new friends, enjoy bagels & coffee, and take part in FREE informational programs/activities.
Exclusively for Friendship Center Healthways Participants and Friendship Center Members!

Upcoming Dates:

THURSDAY, SEPTEMBER 9, 9 a.m. — Aqua Time

FRIDAY, SEPTEMBER 10, 10 a.m. — Body Fat Testing

WEDNESDAY, SEPTEMBER 15, 9 a.m. — Spin

THURSDAY, SEPTEMBER 16, 9 a.m.-noon — Blood Pressure

SATURDAY, SEPTEMBER 18, 9:30-10:15 a.m. — Aqua Zumba

THURSDAY, SEPTEMBER 23, 11 a.m. — Tai Chi

FRIDAY, SEPTEMBER 24, 9:30 a.m. —

Coffee Social/Health Seminar

THURSDAY, SEPTEMBER 30, 10 a.m. — BINGO!

Registration/sign-in opens 1/2 hour before program.
First come-first serve. Space is limited in some activities!

HIGHMARK



Eat Well for Life I w/Mary Lou (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11947)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Eat Well for Life II w/Mary Lou (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Wed., 5:30-7 p.m., Oct. 27-Nov. 17

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11948)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 7-8:30 p.m., Sept. 29-Oct. 20

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11950)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gigi (6 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Thurs., 10-11 a.m., Sept. 16-Oct. 21

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#12061)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Drop 10 in 10 w/Lynn (10 classes)

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes.

No use of gimmicks, pills or potions!

Dates: Tues., 11-12 a.m., Sept. 28-Nov. 30 (#11949)

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M

\$16 materials fee. Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 106

Fee: \$87R/\$90NR/\$70M (#11914)

Tatting w/Judy (6 classes)

A knitting technique that is completed with a tatting shuttle. Simply a basic knit repeated over and over. Very easy. Call for supply list.

Dates: Thurs., 6-7 p.m., Sept. 30-Nov. 4 (#11915)*

-OR- Mon., 11-12 p.m., Sept. 27-Nov. 1 (#11916)

Location: Friendship Center, Room 106/* Conf. Room

Fee: \$50R/\$53NR/\$40M

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is 9/15.**

Date: Monday, September 20, 7-9 p.m.,

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#11951)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Date: Saturday, September 25, 10 a.m.-noon

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11975)

The Friendship Center is now accepting Healthways Prime!